

GLEN PARK NEWS



MARCH 1995

A Quaking of Earth

Les Lewis

What will you do after San Francisco's next major earthquake? Do you doubt that there will be another quake? Do you care?

Your options include being a helpless victim and getting in lines for a cot, some coffee, or other care from charities; sleeping in your car; living in a tent; moving in with friends; or if you are unlucky, dying. Living in your slightly damaged home and helping your neighbors through the difficult days after the catastrophe is also a possibility. You can greatly improve your odds toward being a productive survivor rather than a helpless victim by preparing yourself, your family, your home, and your workplace now. You could suffer only minimal damage when the next shaker comes along.

The recent disaster in Kobe killed more than 5,000 people in an area similar to San Francisco and its nearby communities. Many people died in collapsed homes or after the earthquake – burned alive while trapped in their houses and vehicles.

Survivors suffered greatly from injuries, lack of first aid, little food or water, living unprotected in the open, and frustration at how long it took outside help to reach them. Prior to the earthquake they were residents of a major wealthy city. Minutes later most were on the street clutching a few possessions - if they were lucky. It took at least three days for outside aid to reach many of the people and thousands are still in tents months after the earthquake.

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In Glen Canyon Park

Jean Conner

We are always sure to see California poppies no matter what the weather is like. I'm certain that you are familiar with its cheery orange blossom. But did you know that it becomes more yellow the nearer it grows to the coast? Occasionally a patch of cream colored poppies is found growing naturally among all the gold.

The California poppy (*Eschscholzia californica*) was named after its' geographic location, California, and after the naturalist, Johann Freiderich Eschscholtz. Eschscholtz was twenty-two and a ship's surgeon when he arrived on board the Russian ship "The Rurik" in October of 1816 at what was then the Spanish Presidio. He and the ships naturalist, Chamisso, gathered plant and animal specimens from the coast of San Francisco Bay. It was Chamisso who later named the poppy after Eschscholtz.

March, April and May are the best months for seeing native flowers in Glen Canyon Park and, depending on weather conditions, every year seems to feature different flowers. Several years into the drought there was a time when the canyon slopes were covered with the pale pink blush of buckwheat. About ten years ago there was a Spring when large areas of the grassland was covered with Owl's Clover.

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GLEN PARK NEWS

Glen Park News is published quarterly by the Glen Park Association in March, June, September and December. Signed articles reflect the opinions of the authors and not necessarily those of the Glen Park Association.

Glen Park Association *Notes*

Library Tales

The severe winter weather did not deter 30 hearty souls from attending the January meeting.

Val Tietz regaled us with "pre-library" tales of parties and wine tastings in the current library building. On a serious note, Val talked about how her husband's commitment to learning came to life in the Glen Park Library.

Carol Steiman shared her transition from quiet resident to library "activist" as she watched service reductions, shorter hours, shrinking book budgets, and staff cuts. A founding member of Friends of the Library, Carol and a group of dedicated volunteers gathered signatures to place Proposition E on the November 1992 ballot. Then they learned that the easy part was gathering the signatures. They had to then publicize the initiative. Fortunately, all their hard work was rewarded by a resounding YES from the voters.

Martha Neves explained how we will feel the impact of Proposition E in Glen Park for 1995 - beginning with increased hours, including evenings and weekends!

Annual Potluck and Election

So how much red food is there? You would know if you attended our general meeting and election of officers on February 14. Bob Seiwald built a toasty fire, the room was aglow with family laughter, and Al Cunningham and Norman Degelman provided wonderful entertainment.

In the midst of the vast assortment of food and festivities we managed to conduct a little business and elect a slate of officers and approve the committee chairs for 1995.

If you couldn't attend but still have a yen to be the Association's recording secretary or a committee chair or co-chair there is still time. Call Linda Montgomery at 585-6314.

Bylaws, Articles of Incorporation Adopted

As our first official act of 1995, the membership of the Glen Park Association voted unanimously to adopt the bylaws and articles of incorporation. This will permit us to incorporate as a not-for-profit



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organization.

In addition, we will apply for non-profit status with the Internal Revenue Service and the California Registry of Charitable Trusts.

Can You Spare an Hour for the News?

There are a dozen *Glen Park News* delivery routes that need a delivery person. The average route takes an hour, so four issues will only require about four hours of your time a year!

Please volunteer to deliver a route. It's a great family activity and a pleasant way to meet your neighbors. Please call Les Lewis at 337-8330 if you can help.

Submissions Deadline

The articles and advertising submissions deadline for the June issue of the *Glen Park News* is April 29.

Picnic - Potluck

Mark your calendar now for the first "Glen Park Neighborhood Get Together Picnic - Potluck," Sunday May 21st 1-5 p.m. in Glen Park. Scheduled events include a dog show, new games, live music and singing. All are welcome. To get involved, leave a message for Marcia at 337-0558.

First Glen Park Garden Club Meeting

Share the earthly delights of Glen Park with other garden-lovers. We can learn about our unique neighborhood micro-climate, share planting knowledge, enjoy the company of fellow gardeners and select a public service project. The first meeting will be held Tuesday, April 4 at 7:30 pm at Creighton's Bakery; 598 Chenery Street. For more information, call: Judy Creighton 333-4120.



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Calendar

Native plant restoration in Glen Canyon Park

Friends of Glen Canyon Park work parties are held on the 3rd Saturday of the month, 9 a.m. to 12 noon. March 18, April 15, May 20. Wear work clothes and gloves. Meet behind the Rec Center where the stream goes underground. Heavy rain cancels. Contact Jean Conner at 584-8576.

Coming art exhibits at *Café?*, 2885 Diamond Street
March —Photography by Mike Blumenstaadt

April — Watercolors by Pauline Blanc

May —Pen and Ink Drawing by Mike Blumenstaadt

June —Recent work by Alberta Mischke

Save the Date Saturday, May 6 for the Glen Park Art and Crafts Fair.

Help Save Poppy Lane

If the thought of helping to save a unique, block-long country lane and beautiful nature walk in the heart of Glen Park pushes your hot buttons, come and speak out at the March GPA meeting. Members of the Committee To Save Poppy Lane will present a video that explains why a developer, who wants to build a massive 3,500 square foot, 3.5 story high residence on Poppy Lane, should not be allowed to develop on the lane.

Committee member John Rohosky will discuss some of the serious concerns, such as:

- can the city legally "give" public land—Poppy Lane to a developer for his own private use?
- development could pave the way for future work down the lane, destroying this nature walk forever
- can the collective wishes of dozens of neighbors be ignored over the interests of a single developer?

Don't miss this opportunity to learn how you can help preserve this special, natural section of Glen Park.

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Merchant's Corner

Glen Park Bookstore Opening

Glen Park will soon have a bookstore of its very own. Many have noticed unusual activity going on at 2788 Diamond and have stopped in to say hello and ask what's happening.

Jill Gasowski and Pat Cull are very excited about becoming an active part of the Glen Park Community and have set a target date for opening *Glen Park Books*: March 1st, although circumstances may delay the opening until later in the month. Watch for signs.

Both Jill and Pat have just retired from their previous jobs to make their dream of having a book-

store come true.

Jill was a financial manager for Pacific Bell and her background has been crucial in establishing a plan for the future as well as a financial grounding in the present.

Pat has been a carpenter for 20 years, the last 13 of them with the City's Recreation and Parks Department. She is no stranger to Glen Canyon Park. Her skills have been particularly useful during the construction phase. Both are voracious readers and have been learning everything they can about the book business.

Glen Park Books will be a general bookstore that will stock a great variety of books in many fields. The intention is to meet all of the community's book needs. They would like to open and maintain a dialogue with area residents about what could be on the shelves. Special orders will be welcome. Stocked along with new books will be selected used books, audio tapes for sale and rental, reading aids, magazines, greeting cards and more.

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Exercise for Health

Every American should accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week. Activities that can contribute to the 30-minute total are walking up stairs (instead of taking the elevator), gardening, raking leaves, and walking part or all of the way to or from work.

The recommended 30 minutes of physical activity may also come from planned exercise or recreation, such as circuit training at a gym, jogging, playing tennis, swimming or hiking. It is 30 continuous minutes for fat burning. If you break up your 30 minutes into segments (3-10 minute bouts) you will achieve cardiovascular fitness (heart and lungs) but will not burn fat.

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Quake

continue from front page

For at least the first three days, each person's survival depended on themselves, their family and their neighbors. The major difference between Kobe and San Francisco is that we still have time to prepare ourselves and our homes to survive an earthquake.

Every home should have several gallons of water and emergency food for each occupant and should store these in a few different locations. Store enough emergency supplies for at least three days and refresh the provisions every year. Make sure that your home is as strong and secure as possible. Bolt-ing the house to a strong foundation is basic, as is making sure that heavy objects are secured and won't fall on people. A reunification/comm-unication plan for family members is easy to arrange in advance and can save you great anxiety in a crisis when some loved ones can't get home for days.

Take the five-session Neighborhood Emergency Response Team (NERT) course sponsored by the San Francisco Fire Department. Some of your neighbors have taken the course and learned how to prepare their homes to minimize damage, rescue trapped people, and perform fundamental first aid and small-scale fire fighting techniques. Individual NERTs are prepared to help other folks prepare for problems and then join others to work as a NERT team in emergencies. NERT training and activities don't require extraordinary strength or prior skills. Adults of all ages are urged to take the course and join the Glen Park NERT group. There are other classes in the area scheduled.

To register call the NERT office at 558-3456 or Les Lewis at 587-3629. A city-wide drill for interested NERTs is scheduled for April 22. Join us. We need HAM radio operators.

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Glen Park Author Writes Again

Longtime Glen Park resident Richard Stookey recently saw the publication of his second novel, *Kinsella's Man* (University of Nevada Press).

The story involves a young Basque sheepherder who finds himself employed on the vast estate of a mysterious cattle rancher. Set in Nevada from the early 1930s through 1960s, *Kinsella's Man* succeeds in evoking the beauty and pagentry of the western landscape.

Publisher's Weekly described the text as "a quietly powerful tale of love and obsession ... impressively invoked by the author's finely crafted prose." Kirkus Reviews notes that "this work has much to recommend it, most notably the author's clear sense of the land and the tasks involved in working on it."

Stookey has lived in the same house on Laidley street since 1969. A graduate of both the University of California at Davis and Stanford University, he has also penned the award-winning book *A Still and Woven Blue*.

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Glen Canyon

continue from front page

1994 was the year of the lupines. It will be interesting to see what 1995 will bring after all the rain.

The poppy flower has four petals with the female parts in the center, the ovary and stigma. They are surrounded by the stamens, the male parts, which are yellow with pollen. The poppy is usually pollinated by bees or beetles and the ovary develops into a long thin pod which will turn brown as the seeds mature. It then pops open, scattering the tiny round black seeds. The seeds on your baked goods aren't from the California poppy but they certainly look the same.

The lacy, finely dissected leaves are bright green with a bluish tinge. The foliage has an almost silver cast later in the summer. Ida Geary says in her paper, *West Coast Indian Food Plants*, "Some tribes used the leaves for greens, but threw away the cooking water." It was also used as a pain killer.

The flower in bud is protected by a cap which falls off in one piece when the flower blooms. The flower and bud is supported by a small round platform, an enlargement of the stem. If you come to the Canyon early in the morning or late in the day you may not even notice the poppies since they close up at night and don't open until the sun shines. Due to the fog and steep sides of the Canyon the poppies may only be open for a few hours around noon.

I hope to see you out enjoying the Canyons' Spring flowers but please don't pick the flowers. Leave them for others to enjoy. This year's flower is next year's flower.

NIT-AMP NEWS

Christopher Morris

Neighborhoods in Transition: A Multicultural Partnership brings together nine neighborhoods to focus on planning and action to prevent alcohol and other drug abuse in our city. A neighborhood coalition is in the process of being formed in Diamond Heights/Glen Park consisting of neighborhood schools, church leaders, service providers, business leaders, seniors and parents.

Since the hiring of Christopher Morris on December 1st as the Diamond Heights/Glen Park community organizer, a steering committee has been formed. With the help of Father Gregory Ofiesh of St. Nicholas Church, Pastor Fred Stennfeld of Shepard of the Hills and Reverend Nedi Rivera-

Moore of St. Aidans Church, NIT-AMP is alive and functioning in these two neighborhoods.

Involvement by key community leaders such as the ones listed above, along with concerned residents, business owners, Parks and Recreation, and the Ingleside Police Department will ensure that our neighborhoods continual growth and well being is first and foremost.

For any questions about our neighborhood program pertaining to involvement, funding or background etc., please contact Christopher Morris at St. Nicholas Church (Host Agency) 641-0238.



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What are your main area(s) of interest or concern about Glen Park? _____

Would you be willing to help the committee most involved with your concerns? ☐ Yes ☐ No

Your business or profession (optional): _____

And any special skill, hobby or interests (optional) _____

Dues are only \$5.00 per person and are for the calendar year.

GLEN PARK NEWS

The Glen Park Association
P.O. Box 31292
San Francisco, CA 94131

NEXT GPA MEETINGS

March 14

April 11

